The Lions' Pride

Saint Leo University • Friday, February 2, 2018 • Volume LVII No. 17 • Since 1965

What Can SGU Do for You?

By Kimberly Scott-Williams
Online Editor

With Student Government Union (SGU) elections rapidly approaching, students will be looking to a few new faces for assistance and guidance. But just what do the members of SGU do for Saint Leo and how does the election process work?

The sole purpose of the SGU is, "To serve as a voice of the student body" said Edson O'Neale, Director of Student Activities and the advisor for SGU.

Like a regular Government, the Student Government Union is used to maintain order and organize school events and functions. These functions are detrimental to the mechanics and livelihood of the University Campus. The board consists of five members: President, Vice President of Operations, Vice President of Finance, The Vice President of Activities, and Vice President of Communication Management.

The President of SGU is usually the one who oversees the SGU board, as well as its functions and responsibilities. This positions may seem like piece of cake, but all student happiness and comfort lies with this one individual.

Similar to the President, the VP of Operations does not have an easy task either. During the fall semester, new senates, representing each year group, are voted for by the students. These senates seemingly have a closer relationship to their year group and will usually present ideas of improving conditions for Saint Leo's Students. The VP of Operations has to oversee this senate and organize the Leadership conference for the clubs and organizations on campus.

Money is a sensitive topic, especially when it comes to college students. They want to ensure that they get their value for their money. The VP of Finance has the responsibility of handling the SGU budget and allocations for each club and organization. By allocating funds to these clubs, students benefit from the club's programs and even go to conferences within or out of the state.

Mikeal Coleman, the VP of Operations, manages the Leadership Conference as well as the student Senate.

Joseph Thompson III was the VP of Activities two years in a row before being elected as SGU's President.

Photos by Kimberly Scott-Williams

The VP of Activities is the planner in the SGU body. This individual plans all SGU events and is usually proactive at Bingo, which is a big monthly event on campus.

The VP of Communication acts as the secretary and social media manager in one. They record all minutes within an SGU meeting and run the SGU's social media.

These positions, although powerful, come with great responsibility. And though this is the case, it was shocking when only fifteen people applied for the position last year.

"Persons who might have wanted to apply had a lack of confidence or simply because they knew they weren't as active in school as they ought to be," explained O'Neale.

Those determined and highly involved candidates would decide to apply because a position on the board fits well with their majors and careers. Running and staying motivated to

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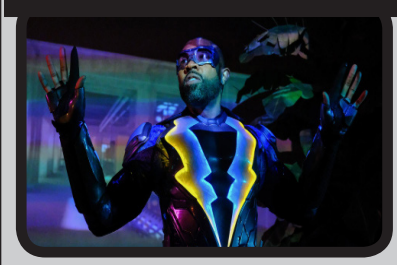
Here's what you missed online this week at lionsprideonline.com

NHL All Star Weekend

Den of Thieves Movie Review

Black Lightning T.V. Show Review



Inside This Week

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Coming Soon: TLPride Watch Movie Reviews

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Editorial

Is the Internet Causing Cable T.V. to Become Obselete?

By Keirra Gordon
Contributing Writer

Why watch your favorite show on an actual television when you can watch it on your laptop or phone? If the big screen is your preference, you can watch it on your television too at your convenience. You can watch whatever you choose in your own time. Netflix, Hulu Plus, Amazon Prime and special channels like HBO are competing against television networks. Is it really a competition when it seems like cable television is not even coming back?

Traditional cable companies have lost subscribers over the years because of their fierce competitors while online subscription companies are on the rise. Firstly, the costs of online subscriptions are cheaper. Viewers have a variety of options over what they want to see on the internet.

Most people are just trying to live within their means and are not interested in spending hundreds of dollars unnecessarily. In particular, college students are struggling to afford their bills. After spending thousands of dollars on tuition, living arrangements, groceries, and other things, why spend money on something as trivial as a high television bill when they barely even have time to watch television? Now, money can be spent on different things. Particularly, the money can be spent on more important things. Imagine not having to spend hundreds of dollars on your television bill. Hooray, no more overeating ramen noodles!

It only makes sense to go with the cheaper option of subscribing to internet services where you can binge watch your favorite shows in your own time. The convenience of coming home after a long day of boring classes to coming home to a comfortable bed to watch your favorite show is the real luxury. College internet is already free, so the only expense here is paying for the website's subscription. How convenient is that?

On top of affordability, streaming services are very flexible. Cable companies would lock you into contracts for years at a time while with streaming services, unsubscribing is simple. With one click of a button, whenever you decide, you're free. You do not have to pay a bill to terminate your service. In relation to their affordability, they are extremely cheap. You can sign up for these services for as little as ten to thirteen dollars monthly. Streaming services are also helpful. You can subscribe to your favorite shows, meaning when they are available to be watched, you will be notified. They also suggest shows that they think you would be interested in watching based on things you have previously watched.

Although streaming services have many pros, they also have many cons. To watch these shows, you need high stream internet. If you do not have internet, you will not be able to watch the show properly because it will keep pausing. Most people already keep their internet streaming, so this is not really a huge burden. Plus, your internet bill and subscription charge will probably be much less than your cable service. Obviously, if you do not have any internet, you will not be able to watch your favorite shows.

Cable services also come with pros and cons. In terms of pros, if you enjoy surfing channels, you can do this on an actual television. You can get multiple service packages. There are also cable packages that include sports, live sports!

In relation to cons, cable packages are very expensive. They may seem so awesome but only for the first year. Each year prices would increase. Any time prices rise would automatically be added to your monthly bill. This means before your contract even ends, your bill could rise. That sucks, doesn't it?

Television networks are becoming obsolete in the face of Netflix, Hulu Plus, Amazon Prime and special channels like HBO. Television companies are losing money simply because they are unable to live up to the standards of internet services. Saving money on quality service is always a great option.

Newsroom

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Streaming and On Demand services are rapidly overtaking the cable television industry.

Campus News

What Can SGU Do for You? Continued

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run is .something completely left up to the dedication from the person running for the position.

This year's election process will work similarly to the one put into effect last year. In the week of elections, each student was given a personal username and password to vote for their candidate. In previous years, the election had been rigged, resulting in the accused being expelled from both the election and the University. The voting process was then changed to what it is now, with each individual only given one chance to vote for their choice.

In some instances, there were individuals who did not receive their personal username and password to vote. As O'Neale said, this was probably due to "late registrations of that individual, which they could have simply emailed me so I could create and send them their personal username and password."

The atmosphere intensifies as it gets closer and closer to the elections. Campaign strategies are essential in order for each nominee to vie for and successfully win the hearts of the student body. In past elections, candidate meet and greets with students proved to be an effective campaign method. Some candidates will give out fliers and take their platform to social media. Others get a bit more artsy by writing "Vote for me" along the campus sidewalks in chalk.

Ultimately, it is the students who hold the key to forming an effective SGU board. It is they who decide the best candidates for the job; those who seem most apt to lend a helping hand where it is needed.

SGU elections will take place on Feb. 14. Be prepared students, because every vote matters.

If you are in need of assistance, don't be shy! The doors of the SGU offices are always open for students seeking help.

The Student Activities Building not only houses the SGU offices, but other student lead boards and other offices essential for a student's transition at Saint Leo.

Photos by Kimberly Scott-Williams

J. Timmy Feiler

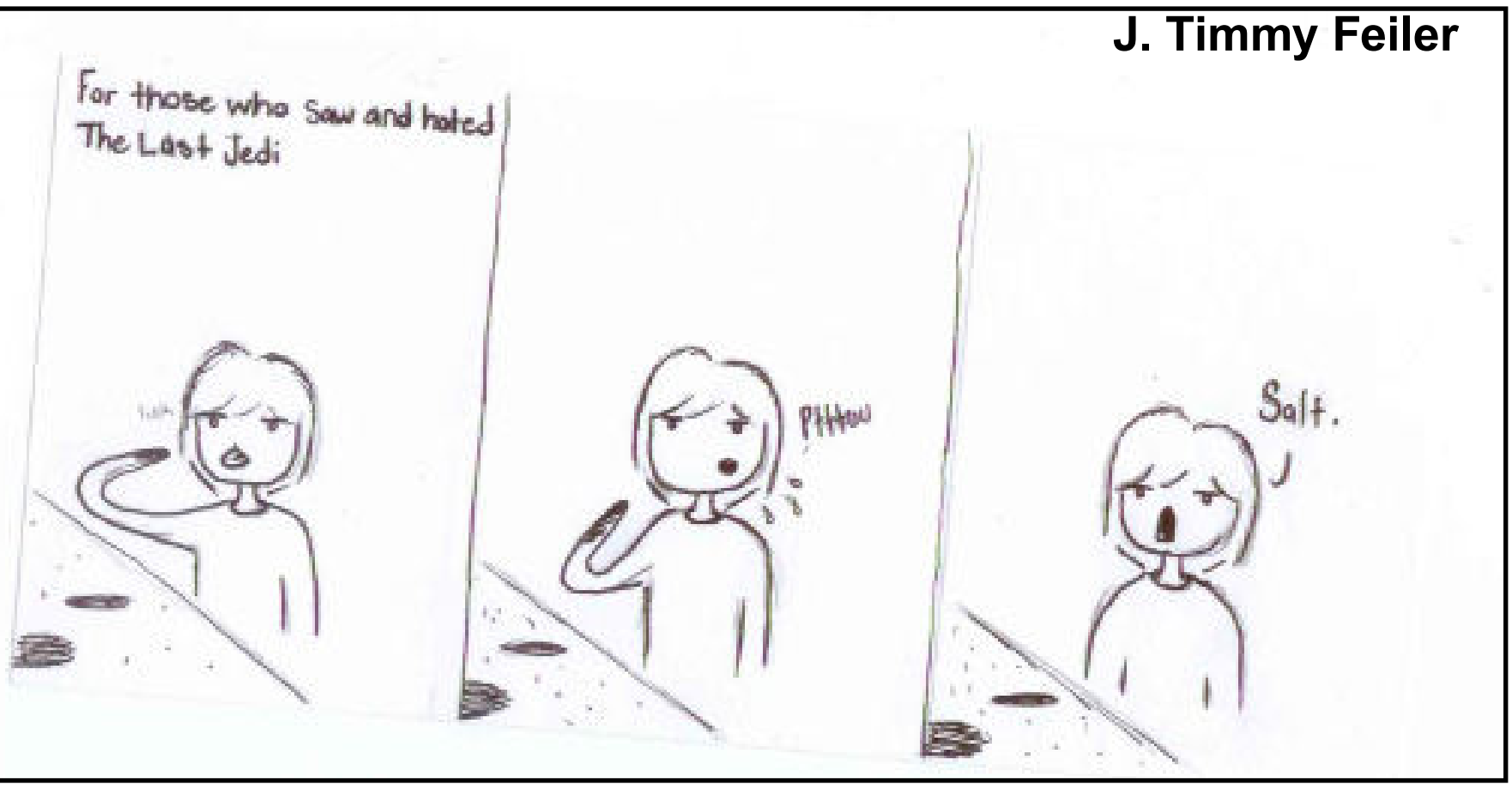


Photo by J. Timmy Feiler

Health

Cervical Cancer Awareness

Victoria E. Calvillo
Staff Writer

Photo from @Merck

The month of January is dedicated to spreading awareness of cervical cancer and the importance of getting Pap smears/ HPV tests in order to catch the cancer in its early stages.

January is Cervical Cancer Awareness Month. Throughout the month, many organizations around the world help raise awareness for the cause. The National Cervical Cancer Coalition, NCCC, make it their mission to spread the word across the United States about cervical cancer, especially the importance of detecting it. NCCC provides many resources to educate those who are unfamiliar with this type of cancer.

According to Women's Health, it is recommended to get a vaccination for human papillomavirus (HPV) because many cervical cancer cases are caused due to a woman contracting the infection. Also, regular pap tests can help early detection of cancer; it is recommended to have a pap smear every three years.

A pap smear is intended to look for cancerous or precancerous cells in the cervix. Women between the ages of 21 and 29 should get a pap test every three years. Women between the ages of 30 and 64 should either have an HPV test every five years or a pap test every three.

Mayo Clinic states that there are usually no symptoms of early-stage cervical cancer. However, when the cancer is more advanced, there are a few symptoms that appear. Symptoms can include vaginal bleeding in between menstruation cycles, after menopause, or after intercourse. There may also be vaginal discharge that smells foul or is heavy. There might also be pelvic pain or pain while having intercourse.

Before pap tests, cervical cancer was the leading cause of death for women, as reported by the American Cancer Society. The most common races to develop cervical cancer in North America are Hispanic women, African-American, Asians, Pacific Islanders, and white women.

It is rare for women under the age of 20 to be diagnosed, and more common for women between the ages of 35 to 44.

The American Cancer Society also estimated that approximately 13,240 women will be diagnosed with cervical cancer in 2018, and about 4,170 women will die from it.

Many women have questions whether they will still be able to be sexually active and or have children in the future. ASCO mentions a couple of options to minimize these concerns, such as removing the cancerous tissue cells with an electric current that passes through a wire hook, having a hysterectomy, radical trachelectomy, or bilateral salpingo-oophorectomy.

A hysterectomy includes the removal of the uterus and cervix. This procedure can also be a radical surgery that then goes further and removes the uterus, cervix, upper vagina, and the tissue around the women's cervix.

Often, a bilateral salpingo-oophorectomy is done at the same time as a hysterectomy. This procedure includes removing both fallopian tubes and both ovaries.

A radical trachelectomy is when the cervix is removed, but the uterus is left alone. The surgery includes a pelvic lymph node dissection, as well. This operation is more common for younger women who still want to have children in the future, as they can preserve their fertility. For many, this is the alternative to a hysterectomy.

When diagnosed with cancer, some people may want to know survival rates and some may not. This topic can be sensitive for patients, and the American Cancer Society wants to urge those who have been diagnosed with cancer that these survival rates can vary and to speak to a doctor for one's specific survival rate.

The survival rate is put into a 5-year perspective, this meaning one's expectancy to survive more than five years.

The ACSO states that the survival rate for those with precancerous cells present have a 93 percent 5-year survival rate.

Although stage one becomes more invasive and spreads to other areas, the 5-year survival rate is also about 93 percent.

Stage two means the cancer is beyond the cervix/ uterus. The 5-year survival rate is about 63 percent.

Stage three means cancer is present in the lower vagina or pelvic walls and the 5-year survival rate is 35 percent.

Stage four means the cancer has moved way beyond the cervix and will later affect organs such as the liver and lungs; the 5-year survival rate is only about 16 percent.

There have been many advancements in the treatment and prevention of cervical cancer, one of them being a sentinel lymph node biopsy. This procedure is when a few lymph nodes are removed to check for cancer spread, rather than the removal of many.

Currently, there are also trial runs for Immunotherapy, when medicine called immune checkpoint inhibitors put the immune system in a resting state. This medicine is not yet known to help the treatment for the cancer, but studies are still being run.

Targeted therapy has been seen to help target specific cancer cells. These targeted cells try to prevent the growth of cancer cells; this therapy has shown to have less severe side effects for patients.

Hyperthermia is also a growing practice. This procedure is when hyperthermia is added to radiation to help cancer cells from returning, also allowing the patients to live longer. The hyperthermia is targeted to the areas where cancer has spread, in attempts to prevent it from returning to that spot.

Even with modern advancements in the world of cancer, the word "cancer" is still detrimental to those who are diagnosed.

Recently, a young Youtuber who goes by the screen name Sarahs Day documented her thoughts about being told her pap smear came back with abnormal cells. When Sarah got the call from her doctor about abnormal cells on her cervix, she did not know what it meant. After Sarah told her she was confused, her doctor clarified and said Sarah has CIN 3.

The Australian Youtuber went on to add that CIN 3 is cervical dysplasia, and she currently is at level three; this means she is at the most high-risk stage for cervical cancer.

"It was just like a big shock I guess. A lot of women get it. Apparently, it's like 80 percent of women will contract it at one time or another in their life… With stage three a lot of your cervix is covered with the abnormal cells," adds Sarah.

In fact, National Cervical Cancer Coalition states that about 80 percent of women will contract HPV that can lead to cervical cancer by age 50.

She says that the next step in this journey is to book an appointment with her gynecologist for a colposcopy.

However, even though this news was a shock to her, she is determined to be proactive about attempting to help cure her body the best she can, "I'm going to be proactive. I obviously care about my body more than anyone in the world."

Sarah goes on to say she has researched ways to alter her diet to help her immune system fight off the abnormal cells. "How amazing would it be if I got to my gynecologist appointment on the eighteenth of January and they turned around and said oh my gosh your cervix is fine, you've cured yourself. So, that is my goal and what I am setting my sights on right now."

There are many advancements in research to help fight off or treat cancer. January is dedicated to spreading awareness to those who may not know much about cervical cancer. Cervical cancer is very common in women and should not be taken lightly; so, to catch the diagnosis in time, as mentioned before, it is recommended for women to have a pap test every three years.

National

Detroit's Illuminous Extraterrestrial Visit

Kimberly Scott-Williams
Online Operations Editor

What many would have probably viewed as the second coming was a just a flash a light over Detroit night light. A meteor, formally known as a shooting start or fireball, descended in the Earth's atmosphere making it visible in the Detroit night sky.

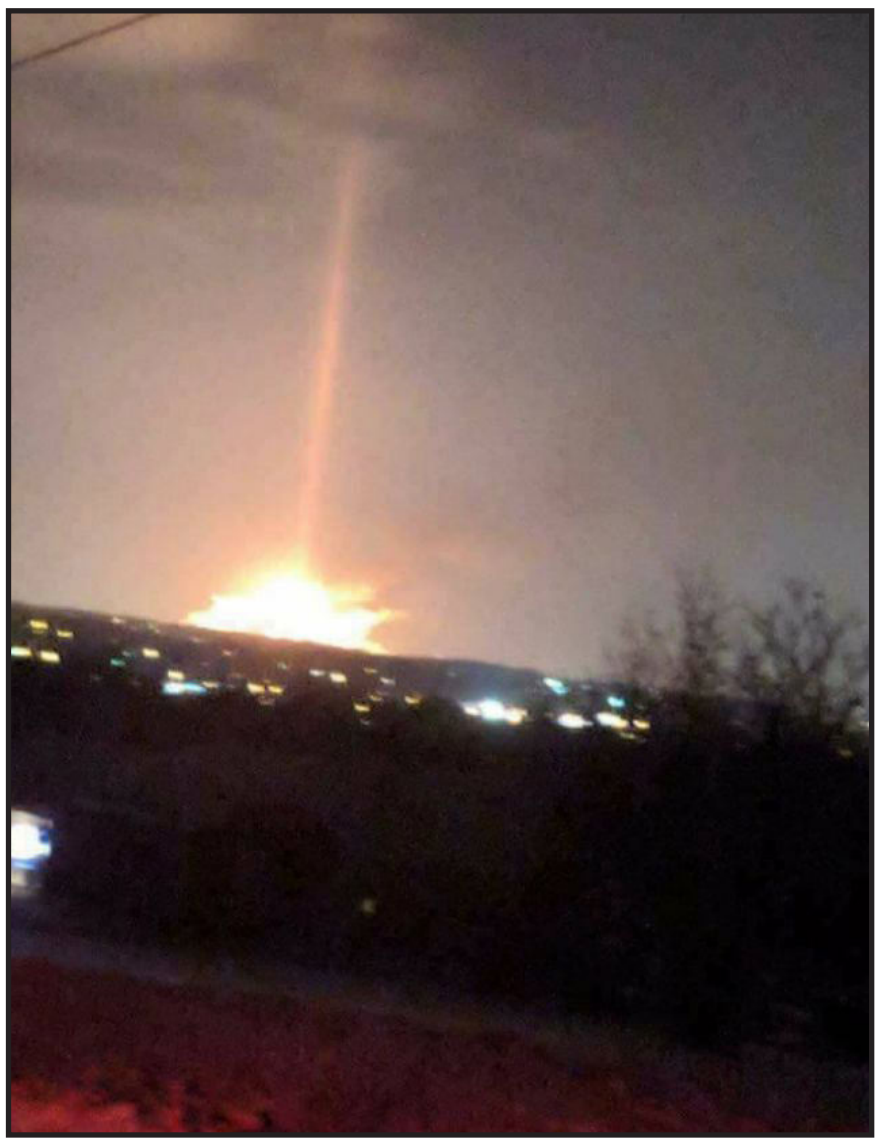
On Tuesday, Jan. 16, 2018 at approximately 8:09 pm, people in Ontario, Canada, Michigan and Ohio saw a streak of brightly coloured light illuminating the night sky. According to the USA Today, some residents expressed that they felt their homes shake since meteor resulted in an a 2.0 earthquake being measured on the seismometer. This earthquake is the fifth earthquake measured in Michigan since 1973, according to Science American, an online science publication. However, this is not the first meteor to cause an earthquake. The last meteor caused earthquake was in Chelyabinsk, Russia, Feb. 15, 2013 with a magnitude of 4.2, as reported by Science American.

Not only did the earthquake, which happened in Jan., leave an impact on the earth's surface, it also departed leaving fireballs that broke apart while travelling through the Earth's atmosphere. Fireballs, which are common, caused many residents to hysterically call 911. The level of phone calls had reached a point to where the Ingham County Office of Homeland Security and Emergency Management to tweet that there is no need for calls to 911 for this natural occurrence.

Fireballs are fragments of asteroid that detached and engulf in flames in the Earth atmosphere. These debris can cause an incandescent leaving a trail of bright light across the sky. According to NASA, the incandescent is caused by friction in the earth's atmosphere.

In an interview with Washington Post, Bill Cooke, a ASA's Meteoroid Environment Office at the Marshall Space Flight Center in Alabama, said that the fireball was caused by a small asteroid approximately 1-2 yard in diameter that was moving a speed of 28,000 mph. The fragment of asteroid heated and melted away in the Earth's atmosphere producing the bright light that flashed a crossed the sky. The American Meteor Society confirmed that meteor must have a magnitude of at least -8 to -10 in order to fall onto the Earth's surface. Meteors does not have to fall on earth or produce brilliant light for a long period of time as between the altitude of 15-20 km altitude, the meteor will disintegrate.

Many residents expressed their excitement by posting many multiple videos of their extra-terrestrial encounter. Others were left sceptical of what this dazzlingly encounter might be as it was not confirmed that it was a meteor until hours after by the NASA. Although this event made news because it is rarely seen, Meteors are actually frequent. Each day, several thousands of meteors occur in the Earth surface; they, however, happen around the oceans (at least 2/3 of them), and unhabituated regions or hidden by sunlight.



Picture from @13NewsNow

Not all Meteors that fall onto the earth's surface as some disintegrates as a result of high speed and friction.

Space, a Science and Astronomy website, identified that the Chelyabinsk meteor, as the last known meteor to hit the earth surface leaving a major impact. The meteor broke the earth 15 miles and emitted a shockwave of 500 kilton explosion. This massive power injured 1,600 people and damaging 7,200 buildings. Another horrific meteor to hit the Earth's surface was on Sept. 21, 2007 in Peru near the Lake Titicana. National Geographic shared that many residences had headaches and nausea as result of suspicious gas from decayed matter underground. However, these side effects were caused by inhaling arsenic fumes. The fumes were as a result of the engulfed meteor being "cooled" within the Lake.

The effects of these may be beautiful yet catastrophic events can cause large craters in the earth, which can kill living organisms on impact. The impact itself can cause massive earthquakes, tsunamis and toxic fumes to emerged. Nonetheless, some of these rocks are rich in Iron and Nickel and silicate material which can be used for commercial use.

Photo taken from @NewsPuppet

Once an asteroid enters the Earth surface, it is now regarded as a meteor.

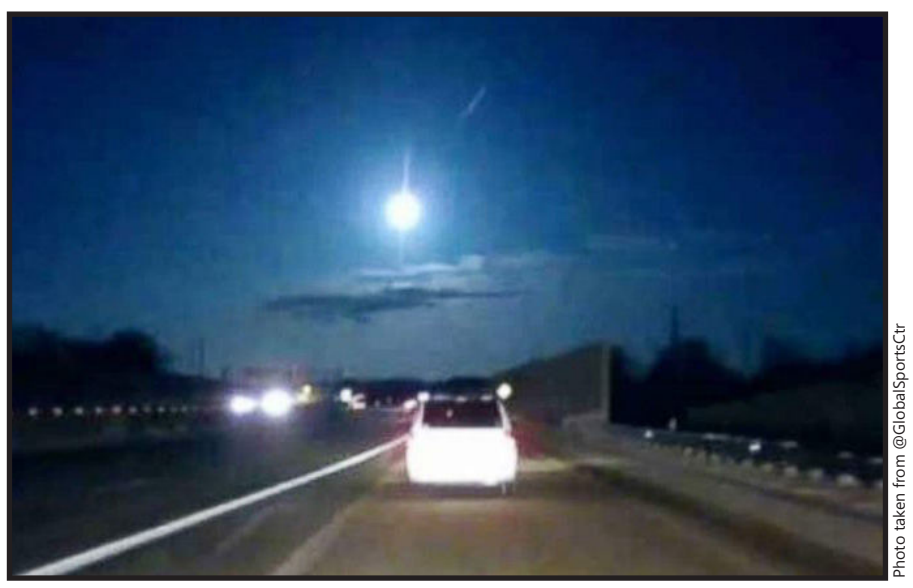


Photo taken from @GlobalSportsCtr

Meteors are common occurrence, but they are rarely seen by the public.

Arts & Entertainment

It's Murder and Mental Illness, Not Aliens

By Kristin Vitagliano
Contributing Writer

For those that have been searching for a new fast-paced crime drama, combined with the styles of Victorian England and the New York Gilded Age, that case has now been solved.

On Monday, Jan. 22, "The Alienist" premiered on TNT, a network known for its drama-filled shows such as "Rizzoli and Isles," "Dallas" (the revival of the beloved CBS show), and "The Closer." This limited series TV show is based on Caleb Carr's book by the same name first published in 1994. The book is a part of the Dr. Kreizler series, book two is titled "Angel of Darkness" (1997), and book three is to be released sometime in 2019 by the name of "The Alienist at Armageddon."

The show opens with a murder that sets up a reason for the characters to unite. A young boy who worked as a prostitute has been disemboweled and chopped into pieces, eyes plucked out, yet wearing a little girl's white dress.

The setting quickly flashes to the home of Dr. Laszlo Kreizler (portrayed by David Brühl), a psychologist and alienist. An alienist, as the audience learns within the first minute of the pilot episode "The Boy on The Bridge," is someone who has studied people who have mental illnesses. Mental illness at the time was looked on with skeptical eyes. People with illnesses were sent to asylums and prisons, which is why those who found the study of these people interesting were looked on with disapproval in society.

Then, viewers are introduced to John Moore (portrayed by Luke Evans), a newspaper illustrator, who is sent by Dr. Kreizler to draw the scene of the crime. Moore gives Dr. Kreizler the drawings, and he immediately takes it upon himself to investigate the crime due to the similarities it has to a previous death.

His investigating takes both Moore and himslef to the police department where Miss Sara Howard (Dakota Fanning) works as a secretary and the first female employee of the police department.

A lot is learned in the 48 minutes of episode one. The show is exceptionally fast-paced, so those who like to be on the edge of their seat won't be disappointed. However, those who prefer to take a small breath and think over what already has happened may need to re-watch the episode a couple of times to catch all the little clues.

Characters aren't two-dimensional; they are believable and relatable. It is clear when something bothers a character or when they feel strongly about something.

Miss Howard is a character any female could relate to when she is told that she can't do something because she is a woman. She despises the conventions placed on her, and her fire makes Dr. Kreizler see her as an asset to his investigation. Moore is every person who just wants to escape from their lives, even for a moment. He is creative, although a little agitated with how he is treated by Dr. Kreizler. Dr. Kreizler himself is an ambitious and emotional man who will stop at nothing to avenge a memory of a boy he failed.

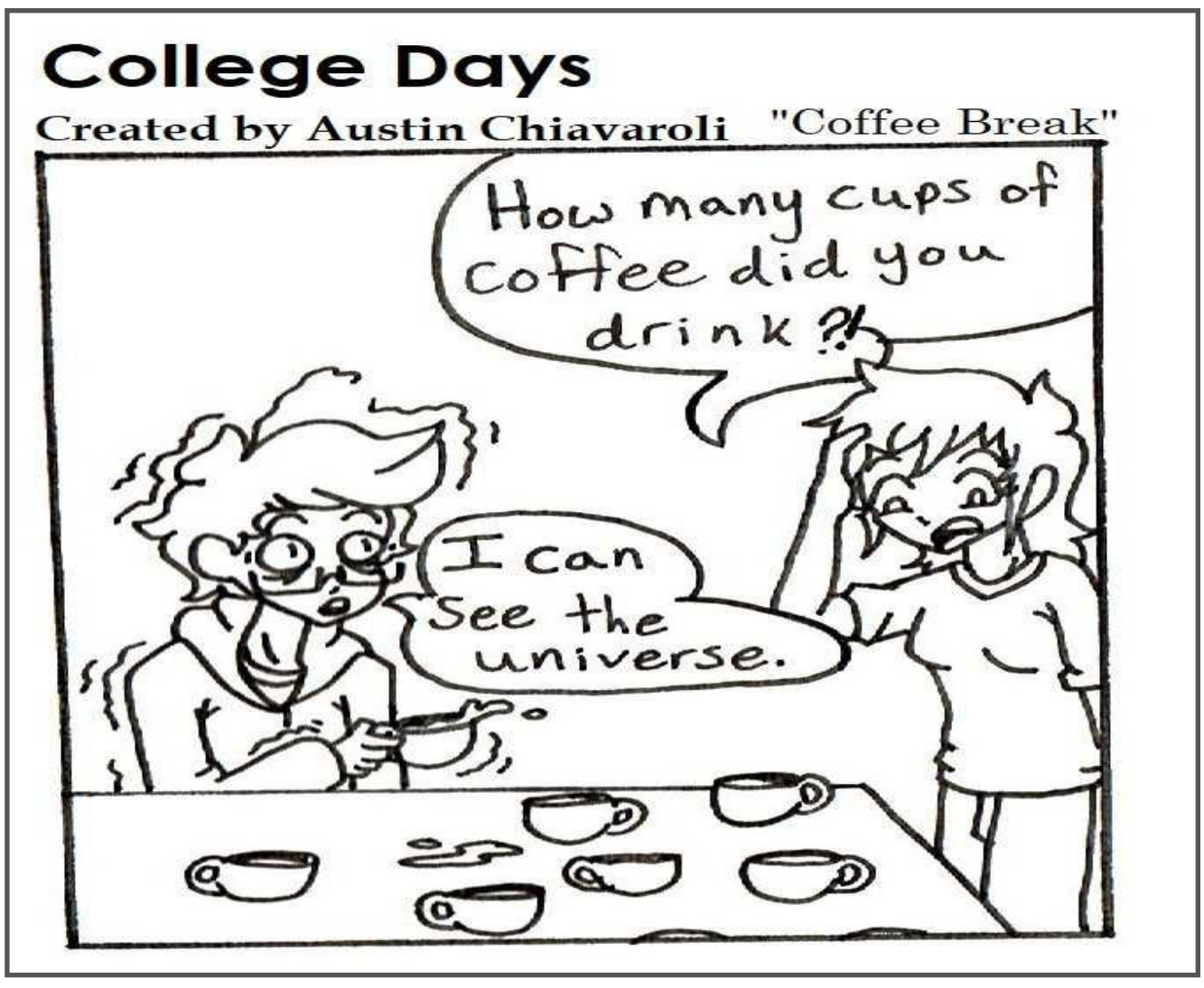
The setting is believable, set in New York during the Gilded Age. There are many grey tones in the brick and metal, with fog and smoke floating in the air. Costuming is accurate to the era as well. All the darker tones and dim lighting adds to the suspense of there being a murderer on the loose.

This television show is not for the faint-hearted. It is rated TV-MA for blood and gore, and the visual effects are well done when it comes to the macabre. There is some nudity and sexual situations as well so anyone discomforted by those situations may have to turn away.

T.V.Show Rating:
5 out of 5 Paws

Photo by @TheAlienistTNT

David Brühl portrays Dr. Laszlo Kreizler, a criminal psychologist who takes it upon himself to investigate a child's murder.



Upcoming Events

28th Annual Farm Fest & Quilt Show

Time: Feb. 3-4, 9:00 AM-5:00 PM

Location: Pioneer Florida Museum & Village, 15602 Pioneer Museum Road, Dade City

Cost: $10 on Sat., $5 on Sun.

Info.: Show of Quilts & Clothing, Local Quilters on Display, Quilts & Supplies Sale, Quilt Appraisal & Trunk Show.

Contact: 352-567-0262 or visit PioneerFloridaMuseum.org

Arts & Entertainment

Infinitely Insidious

By John Hall
Layout Editor

"Insidious: The Last Key" stars Lin Shaye as she reprises her role as Elsie Rainier, a paranormal investigator, and parapsychologist of a unique ability that allows her to resist demonic forces. The film is the fourth installation in the Insidious franchise and is marketed as the final film in the series.

The film is directed by "Paranormal Activity" director Adam Robitel who joins Leigh Whannell that has directed the preceding "Insidious" films. The duo is also joined by a powerful assembly of producers that include Academy Award Nominee for Best Picture Jason Blum ("Get Out"), Oren Peli ("Area 51," "Paranormal Activity," and "Insidious" franchises) and James Wan who has previously worked on the "Insidious" franchise and is slated to direct the Aquaman film in 2018.

Photos by @cindelphia

Even at the age of 74, Lin Shaye continues to show why she is known as the scream queen.

The wealth of experience on screen does not disappoint as Shaye, who is now collectively referred to as the scream queen for her roles in different horror franchises over the decade, which include "Ouija" and "A Nightmare on Elm Street," continues to wow audiences with her amazing skills.

The plot centers on a young version of Elsie Rainier and gives the character more depth through exploring different childhood experiences. The culminate of these experiences express her arc in a way that we identify why the character in Rainier is displayed as "aged." An enormous component of the franchise thus far has relied on us understanding the ethos of Rainier's character arc. The audience trusts her in the prequels because from the most basic standpoint she was all that was presented as a resolution to the powerful demonstrative force of the supernatural.

"The Last Key" gives a lesson of the history of the franchise that brings the whole series full circle. Character arcs from the very beginning are explained in a way that all can appreciate. The opening prologue of young Elsie brings viewers into this understanding slowly and progressively. The movie relies on jump scares, as most horror flicks do, but the scares are real; they are not prodded by an excessive amount of bird or falling object. The things that 'go bump in the night' are truly terrifying and oppressive. The weight of the movie is felt as scene by scene "The Last Key" becomes intense. The gravity of the themes expressed also adds an extra layer of weight on audiences as it continues to expose family trauma and abuse.

The soundtrack consists of one song that is just enough to scare audiences but lacks the overall the creep factor that was produced by the previous installments like, "Tiptoes through the Tulips" by Tiny Tim.

Character chemistry on screen was normal with most of the dynamics exploding with every instance Shaye is on screen. The other two spectral investigators that have joined forces with older Elsie try as much as possible to provide comedic relief to the audience, but what is felt is a cringe-worthy experience. Supplementary to this some larger reveals that occur on screen are supposed to serve as a shock and awe factor, but it never launches well. Another testament to the failure of big reveals is the final antagonist near the final act, which is scary but lacks the "je ne sais quoi" of a terrifying villain.

Overall, audiences have reacted fairly well to this movie, and it is reflected in the box office. Audiences are suckers for continuity, and it provides a base for filmmakers to see a return on their investment; "The Last Key" does that and multiples it by 10. The production reported an approximate value of a $10 million budget and had seen since its release $144 million worldwide in revenue. Critics have not been so accepting of the latest installment as movie aggregates Rotten Tomatoes has given the movie a 31 percent and Metacritic a meager 49 out of 100 with mixed to low reviews from both sects.

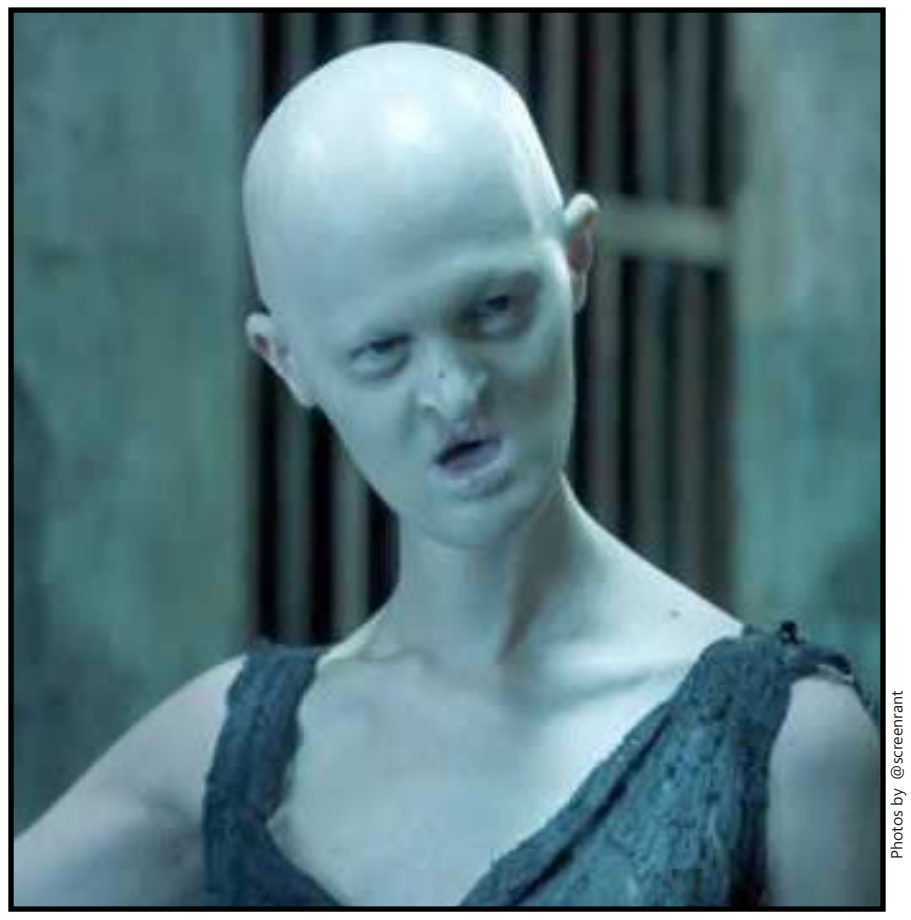
Photos by @latimesSpecs

(Leigh Wannell) and Tucker (Angus Sampson) tried to provide comedic relief that fell flat in every instance.

The amazing feat here is that the cast has been led by Shaye who is now 74 years old and is a pleasure to see as she never ceases to amaze on screen. By the fourth installment in franchises, audiences usually get tired of seeing certain characters, which has not been the case here. It is marvelous and refreshing to have on-screen characters that are not superheroes or joined in a cinematic universe that has been overexploited to experience some success.

Adding emphasis to the effect this movie impresses on audiences is the fact that January provides most of Hollywood's film "garbage pit" as it is known for terrible movies. Though "The Last Key" is not perfect by any means, it provides continuity and closure (if not another origin point) to the franchise.

Movie Rating:
4 out of 5 Paws



Photos by @screenrant

The film continued to show new and old forms of spiritual forces that antagonized our protagonists in different forms.

Sports

SLU Swimmers Dominate Senior Day

By Vincent Pensabene
Sports Editor

Photo by Saint Leo Athletics

The Saint Leo Men's and Women's Swim Team Seniors were given a farewell cermony at their meet against University of Tampa.

The Saint Leo Lions' swimming team had a great week as both sophomore Matija Rafaj and senior Natalia Garriock were named Sunshine State Conference Male and Female Swimmers of the Week for the week of Jan. 22-28. This was Rafaj's first and Garriock's third time winning the award this season. Rafaj joins teammates sophomore Henrik Dahrendorff (Dec. 20) and freshman Georgios Veliadis (Jan. 22) as the only male swimmers to win the award for the Lions this season. The only other Saint Leo women's swimmer to win the award this season was Cecilie Holten (Nov. 6)

The swimming program had a very successful week as the two teams combined for a 4-1 week with the only loss happening against the Tampa Spartans at home.

Rajaf had five victories and one second place finish during the week. He swept all three of his freestyle races: 200 (1:42.45), 500 (4:38.12), and 1,000 (9:44:88) on Friday at the Marion Bowman Aquatics Center against Tampa and on Saturday in the 500 (4:37:94) and 1,000 (9:34.42) freestyles at the Panther Aquatic Center. His only second place finish of the week was in the 200 Freestyle (1:42.20).

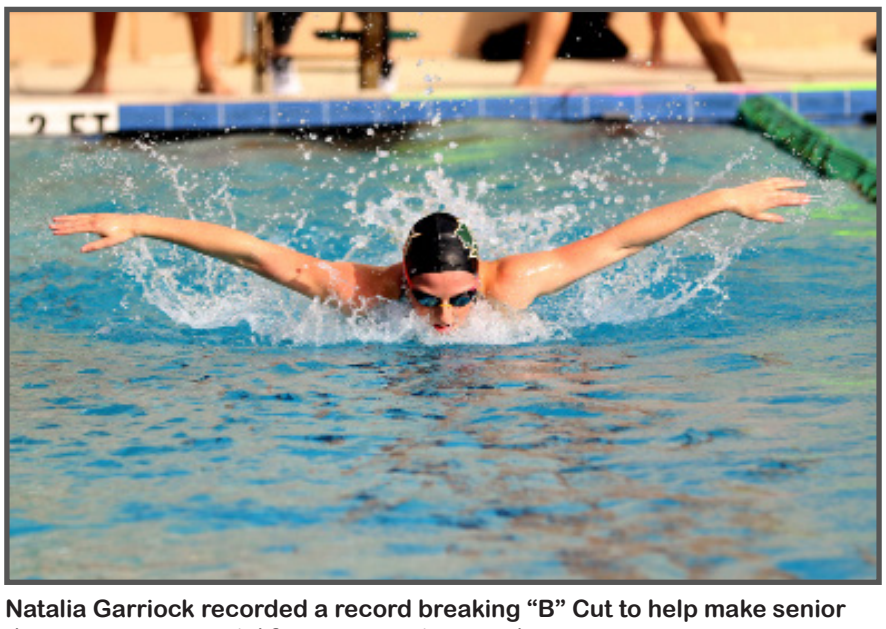
Garriock won four individual events and earned two NCAA "B" Cut times. She posted the 14th fastest time in the NCAA Division II season when she won the 200 Butterfly (2:03.30) during Friday's senior day against Tampa. With that finish, she took off four seconds off the previous Saint Leo record for the event on her way to earning her first NCAA "B" cut. In addition, she finished first in the 100 Butterfly (56.68) and a relay win in the 400 Freestyle Relay (3:35.19) on Friday.

On Saturday, Garriock added another NCAA "B" Cut time to her resume, this time in the 100 Freestyle (51.69) at the Panther Aquatic Center. She also picked up her fourth individual win of the week in the 100 Backstroke (58.92).

Garriock won the SSC Women's Swimmer of the Week for the second straight week and the seventh time of her career.

The Lions will continue to prepare for the 2018 SSC Championships on Feb. 22 located in Clearwater, Fl.

Be sure to check out more Sports previews in future print and online publications.



Natalia Garriock recorded a record breaking "B" Cut to help make senior day even more special for everyone in attendance.

Upcoming Games
Week Ending
2/2/18 - 2/9/18

Men's Baseball
2/3-@ Alabama-Huntsville(DH)
1:00 p.m./4:00 p.m.
2/4-@ Alabama-Huntsville
12:00 p.m.

Women's Softball
D2 Gulf Coast Invitational
Gulf Shores, Alabama:
2/2- 11:00 a.m./3:30 p.m.
2/3- 4:45 p.m./7:00 p.m.
2/4- 10:00 a.m./12:00 p.m.
2/9-vs Young Harris 7:00 p.m.

Men's Basketball
2/3-@ Florida Tech 4:00 p.m.
2/7-vs Nova Southeastern 7:30 p.m.

Women's Basketball
2/3-@ Florida Tech 2:00 p.m.
2/7-vs Nova Southeastern 5:30 p.m.

Women's Golf
Flagler College
World Golf Invitational: 2/4,2/5

Men's Lacrosse
2/3-@ Alabama-Huntsville 12:00 p.m.

Men's Tennis
2/8-vs Gustavus Adolphus 3:00 p.m.